

ONE SMALL STEP

Don't call it a dream, make it a plan!

“Our goal over the next year is to offer educational programs and activities to help our neighbors understand the value of a healthier lifestyle.”

- ◆ The latest statistics from the Florida Department of Healthiest Weight Profile for Polk County show:
 - ◇ 27.5% of adults are at a healthy weight...so that leaves 72.5% in need of education and guidance.
 - ◇ 63.5% of middle and high school students are at a healthy weight while 32.9% have fallen behind.
- ◆ One out of three children is considered overweight or obese.
- ◆ Research shows that being overweight can increase your chance of serious health conditions including diabetes, heart disease, high blood pressure, stroke, and certain types of cancer.
- ◆ According to the National Restaurant Association, American adults buy a meal or snack from a restaurant 5.8 times a week on average.

Watch for more details at www.WatsonClinic.com/wcf and find out what
“One Small Step” can do for YOU!